

Wellness and Prevention Workgroup: Updates

Maryland Health Quality and
Cost Council
Meeting 16: March 12, 2012

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Healthiest Maryland Businesses

Key Measures of Success

- 150+ companies, 208,000 Maryland employees
- 30+ communications of providing technical assistance to employers and HMB partners
- Coordinate and plan workshops for employers in partnership with regional workplace wellness leads across the state
- In 2012 plan to provide 6 regional technical assistance and recognition events in partnership with HMB community partners



Statewide HMB Forums

Technical Assistance and Recognition Events



Mid-Atlantic
BUSINESS GROUP
ON HEALTH



Health Reform/Healthy Business Forum

Thursday, March 29, 2012
8:00 AM to 11:30 AM

Salisbury University
The Commons
Montgomery Room 214

In today's healthcare environment, small businesses worry about two things:

1. How will Health Reform affect my business?
Join us to hear about how health reform. What are the deadlines? How will Health Insurance Exchanges affect your company? What will tax credits mean to you?
2. How can I improve my company's profitability?
Healthy employees miss less work, and they are more productive while they are at work. Hear from companies that are creating healthier employees, and reaping the rewards! Share your challenges and learn solutions.

Join us on March 29, and hear from the experts!

Who should attend? Company Reps from:

Owners • Human Resources • Finance • Benefits • Health Champions

Topics

- Health Reform: What does it really mean to you?
- Why Worksite Health Promotion? What are some challenges and benefits?
- Best Practices: Hear from local leaders executing successful worksite wellness initiatives.
- Ask questions, share challenges and hear solutions

FREE! Seating is limited. Please no more than 2 per company.

RSVP TODAY - EMAIL HealthiestMaryland@dhmh.state.md.us



MARYLAND
DEPARTMENT OF HEALTH
& MENTAL HYGIENE



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ChopChop MD Updates

- 18,000+ website hits per month
- 25 organizations awarded 10 free copies of the quarterly ChopChop magazine for 1 year
- Partnerships with State Agencies and key stakeholders



<http://dhmh.maryland.gov/chopchopmd/SitePages/Home.aspx>

Community Transformation Grant Updates

- DHMH is finalizing implementation plan with the CDC and local health departments
- Supporting the Institute for a Healthiest Maryland
- Role of the Council:
 - Provide guidance for CTG activities
 - Disseminate resource materials and CTG success stories

State Employee Wellness Updates

- DHMH is partnering with Maryland StateStat to:
 - Convene key agencies;
 - Promote healthy food procurement and healthy meeting practices;
 - Promote tobacco-free campuses; and
 - Promote value-based benefit design

Action to Advance Existing Workgroup Projects

1. Assist in HMB evaluation recruitment
2. Promote ChopChop MD
3. Provide guidance to CTG efforts and disseminate CTG success stories

New Workgroup Projects

Potential Focus Areas:

- Engage or align with local initiatives relating to SHIP priorities
- Promote best practices to encourage efficient use of community health programs
- Develop a strategy to reduce cigar use
- Continue activities to make food environment healthier in Maryland

Million Hearts™ Campaign

- National effort to prevent 1 million heart attacks and strokes in the next 5 years
- Jointly led by CDC and CMS
- Increases use of effective clinical and community strategies to achieve its goals



<http://millionhearts.hhs.gov/index.html>

Key Campaign Components

- Community Prevention
 - Decrease smoking
 - Decrease salt intake
 - Decrease trans fat intake
- Clinical Prevention
 - Focus on ABCS
 - Health Information Technology
 - Clinical Innovation

Expanding Community Prevention Initiatives in Maryland

- Establish and support tobacco-free workplaces and communities
- Increase cigar regulations
- Support media campaigns for the Maryland Quitline and Cigar Trap
- Decrease trans-fat and sodium consumption through healthy food procurement practices
- Increase education around health effects of trans-fat and sodium intake
- Promote heart health through workplace wellness programs
- Extend care beyond clinic so other providers can offer ABCS counseling
- Support Community Transformation Grant efforts

<http://www.smokingstopshere.com/>

<http://dhmh.maryland.gov/thecigartrap/SitePages/Home.aspx>

Options for Expanding Clinical Prevention Efforts

- Increase focus on the ABCS (**A**spirin, **B**lood pressure control, **C**holesterol control, and **S**moking Cessation):
 - Institute and monitor quality measures around the ABCS, using appropriate standards
 - Communicate the importance of ABCS to patients and providers
 - Support the Fax to Assist program

Options for Expanding Clinical Prevention Efforts

- Foster clinical innovations:
 - Partner with Medicare Quality Improvement Organization
 - Support team-based care that improves care coordination
 - Promote payment reform with incentives for improvement in ABCS measures with bundled payments, ACOs, and medical homes

Options for Expanding Clinical Prevention Efforts

- Enhance health information technology (HIT)
 - Improve the quality of measurement for the ABCS by working with health information exchanges and Regional Extension Center
 - Educate HIT community about ABCS to be included in EHR decision support functions
 - Encourage meaningful use of HIT, especially as it relates to ABCS.

* Additional opportunities for engagement in clinical prevention efforts are available online at <http://millionhearts.hhs.gov/aboutmh/achieving-goals.html>

Next Steps

- Engage in an open discussion on how the Wellness and Prevention Workgroup could work on the Million Hearts Campaign